

K-2 Energizers

Don't Dent the Car (K-2)

Materials: none

How to play: Begin by telling students that they are going to be cars and that their arms are their doors. Model for them how to open their doors (right, left, and both) by raising their arms to the side, and then close their doors by bringing their arms next to the side of their bodies.

Next, have students “drive” around the classroom – emphasize that they must walk. After 30-60 seconds, tell students to stop and to open one (right or left) or both doors. If students touch another student or something else in the classroom with their open doors, then their cars are dented. The idea is to not let any cars get dented. Practice a few times until students are able to open their car doors without getting any dents.

A fun twist is to have the students drive during rush hour, which means they have to move very slowly. Have students drive back to their desks and park when finished.

*Give students the opportunity to move before they open their doors so that their cars don't get dented. This gives students an opportunity to think about how much space they need and move if they are in a tight spot.

**This is a great activity to spread out students before doing a different energizer.

Videogame Movement Progression (K-2)

Materials: none

How to play: First explain the concept of levels on videogames – players cannot move to a higher level until they have passed the first level. Tell students that they are going to be players in a video game and that there are three levels. They may not move to the next level until they have passed the lower level, and you may decide to stop the level and start again. The rules for moving on to a higher level are

1. students must perform the movement that is given
2. students may not bump into anyone or anything

Students move in general classroom space during all three levels, trying to abide by these two rules. If they can successfully do this for 60 – 90 seconds, then they may move to the next level. The three levels are

1. crawling
2. walking
3. skipping

Repeat the activity on another day if the students do not progress through all three levels.

Be the Pizza (K-2)

Materials: none

How to play: Students find their own space within the classroom. Tell the students that they are going to be pizza dough and that they will act out the different parts of making pizza.

1. small ball on the table – (students ball up on the floor)
2. kneading – students twist, turn, and curl their bodies and parts of their bodies
3. stretch – students stretch, making themselves big, wide, and flat
4. toss – students jump up in the air as you toss the dough to stretch it, then catch the dough and they stretch some more
5. toppings – pizza dough tickles when toppings are put on it, so students should pretend like they are being tickled as you add different toppings
6. bake – students imagine the warmth of the oven and slowly rise as the pizza is baked

At this point I like to tell students that I *could* eat them, but that they magically changed back into cars (Don't Dent the Car) and should drive back to their desks.

Magic Rope Curl-up (K-2)

Materials: none

How to play: Have students sit in a circle with their toes pointed to the middle and their knees bent. Tell students that they each have a magic rope. They should toss the rope into the middle of the circle where it will be anchored tight. Next, have the students pretend that they are using the rope to ease them down into a laying position on their backs. They then use the rope to help pull themselves back up to a sitting position. Repeat as many times as you'd like. Use your imagination to make it more exciting!

Circle Ball Whizzer (K-2)

Materials: 2 fluff balls

How to play: Divide class into two groups and have each group form a standing circle. Each group is then given a fluff ball and, on signal, they pass the ball from person to person around the circle, trying to see how many times they can get it around the circle in one minute. Play again and have the students pass the ball the other direction. For a third time, have students decide which direction they think is fastest and try to beat their group's best score.

*You may also have students count for each person who touches the ball, rather than each time the ball goes around the circle.

Alive, Awake, Alert (K-6)

Materials: none

How to play: Begin by singing or reciting the words below while moving your index fingers on both hands, first straight up and then forward. Repeat song using arms and hands – straight up and then push forward. Repeat a 3rd time reaching tall and then touching toes. With each repetition, become more “alive, awake, alert, and enthusiastic”.

I'm alive, awake, alert, enthusiastic

I'm alive, awake, alert, enthusiastic

I'm alive, awake, alert

I'm alert, awake, alive

I'm alive, awake, alert, enthusiastic

*Do the entire activity twice the first time it is performed. After that, use it as a quick activity to wake up students in the morning or afternoon.

3-4 Energizers

Cabeza, Hombros, Rodillas, y Pies (K-6) **(Head, Shoulders, Knees, and Toes)**

Materials: none

How to play: Teach the students how to do Head, Shoulders, Knees, and Toes in Spanish. Begin by speaking the words and having them repeat. Second, sing the words and have them repeat. Next, have the students try to sing with you – slowly. Finally, have everyone sing with you at the correct speed.

Cabeza, hombros, rodillas, y pies
Rodillas y pies
Rodillas y pies
Cabeza, hombros, rodillas, y pies
Ojos, orejas, boca, y nariz

Cabeza (cah-bay-zah)
Hombros (oh-m-broh-z)
Rodillas (roh-dee-ah-s)
Pies (pee-ay-s)
Ojos (oh-ho-s)
Orejas (oh-ray-hah-s)
Boca (b-oh-cah)
Nariz (nah-ree-s)
Y (ee)

Classroom Cleanup (1-6)

Materials: things to mess up the classroom: fluff balls, cards, bean bags, balls of paper, straws, pipe cleaners, etc.

How to play: Spread the desired materials throughout the classroom. On signal, students must crab walk to pick up the different materials. Materials should be placed on their desks when they have been picked up. Once the room has been cleaned, have the students mess it up again and clean it one more time.

*This activity can also be used as a way to clean up the classroom at the end of the day or after a messy project.

Popcorn (K-4)

Materials: none

How to play: Divide class into two groups. One group starts as the popcorn and the other as poppers. Students who are popcorn spread around the room and ball up in a crouched position. Students who are poppers circle around individual popcorns. When a popcorn is circled by a popper, he/she must jump up and then go back to the crouched position. Switch roles after 2 minutes.

Silent Signs (1-4)

Materials: none

How to play: Have one student face the rest of the class with his/her back to the board. Choose a number between 1 and 20 and write it on the board behind the student so that the rest of the class can see it. Ask the student to guess what number you have written on the board. After guessing, the class helps the student guess the right number by raising the roof if the student needs to guess higher, and doing body squats if the student needs to guess lower. The student should use the silent signs from the class to keep guessing until he/she guesses the right number. Repeat with a new student.

Directional Movements (3-6)

Materials: United States or World map

How to play: This activity is similar to Silent Signs, but a little more advanced. Have one student stand in front of the students with his/her back to the map. Choose and country/state on the map and point to it so that the rest of the class can see where it is. Chosen student then turns around and tries to guess which country/state you chose. The class gives the students directions to the correct country/state by doing a physical activity. North = hopping, South = body squats, East = high knees, West = jumping jacks. Once the student finds the right country/state, repeat with a new student. Alaska and Hawaii can be a little bit tricky and challenging, but fun to do.

Jumpers & Joggers (3-6)

Materials: 2 things to hide – they can be any classroom item

How to play: Divide the class into 2 teams – jumpers and joggers. Choose 2 items to hide and assign each to a team. Ask one person from each team to leave the room while their teams hide the items. Once the items are hid, students return to the classroom and try to find them. They take “hot” and “cold” cues from their teammates as their teammates jump or jog faster when they are closer to the item and slower when they move away.

Special Person (1-4)

Materials: none

How to play: Ask 3 -5 students to come to the front of the room while the rest of the students put their heads down on their desks. Then ask the chosen students to touch every person who... (see below). Choose 2 or 3 and position yourself to touch students who may not otherwise be chosen. Emphasize to the chosen 3-5 that they should touch softly on the head or shoulders. Repeat activity with a different set of 3-5 students until each student has had a chance to participate.

Touch every person who...

- makes you smile
- is a leader
- is creative
- is your friend
- makes you laugh
- is a good listener
- is responsible
- you can depend on
- likes you for who you are
- you like to talk with
- you would like to get to know better
- makes you feel comfortable
- has great ideas

5-6 Energizers

Hangman (3-6)

Materials: whiteboard & whiteboard marker

How to play: Much like regular hangman, except students must ‘buy’ vowels by performing a movement task as a class. A = jumping jacks, E = high knees, I = body squats, O = crunches, U = push-ups, Y = mountain climbers (I like to use Y as a vowel so they get more movement). Choose a health related puzzle and have fun!

Hit the Deck (3-6)

Materials: deck of cards

How to play: Each suit corresponds to a movement task and the number on each card specifies how many or how long for the task. Select students, one at a time, to come and choose a card from the deck and then show the card to the class. Perform the appropriate task before another card is chosen. Make it a math game by having the students add, subtract, or multiply a certain number with the number on the card. Spades = jumping jacks, Hearts = push-ups, Diamonds = crunches, Clovers = high knees

Macarena Push-ups (3-6)

Materials: CD player, “Macarena” music

How to play: Students get into push-up position and perform the following movements to the “Macarena” music. Repeat movements until the song is complete.

Right hand out and down
Left hand out and down
Right hand to left shoulder – down
Left hand to right shoulder – down
Hopping on palms and toes (push-up position) do a ¼ turn

Who’s Leading? (3-6)

Materials: none

How to play: Students stand in one large circle. One student is chosen to be the guesser and leaves the room. Another student is then chosen to be the leader, who leads the rest of the circle in a variety of movements of his/her choice. Bring the guesser back into the room to guess which student in the circle is leading. When the correct leader has been identified, repeat with a new guesser and leader.

Exercise Roulette (3-6)

Materials: large die

How to play: Students walk around the room until the teacher signals them to stop. On this signal, each student moves to the corner closest to him/her. Number the corners 1-4. Roll the die and if it lands on the numbers 1-4, the corresponding group has 20 seconds to decide on a movement task and a number or time limit for the task. The other 3 groups must then perform the task. If the die rolls a 5, the teacher chooses a movement task and all 4 groups perform it. If the die rolls a 6, the class decides on a task which the teacher must perform.

Weather Report (K-6)

Materials: none

How to play: Students pair up with a partner; one partner kneels behind the other who is sitting. The partner kneeling performs the following movements as they are given in a winter weather report by the teacher. Partners then switch places and a new winter weather report is given.

Light snow = tap fingers on partner's head

Heavy snow = lightly chop partner's back

White out = rub partner's back